

# Lee Ann Dalling

Born in New Glasgow, Lee Ann graduated from St. Francis Xavier University on the Dean's List with a degree in psychology and sociology.

Lee Ann began powerlifting fourteen years ago. She was disabled as a result of Thalidomide, but competes at able-bodied level against able-bodied athletes.

She trains four days per week, two hours per session for a total of eight hours per week.

Elvis Stojko and cyclist Lance Armstrong are her role models.

She is a twelve-time World qualifier (1994-2005) and competitor.

World Silver medalist in 1996 Worlds in Silkeborg, Denmark and World Bronze medalist in 2005 in Stockholm, Sweden.

Voted Canadian Powerlifter's Union Female Athlete of the Year (Benchpress) in 1996, 2003, 2004 and 2005.

2000/02 Amateur Athletic Union (AAU) Best Overall North American & International Lifter; AAU Hall of Fame inductee.

Canadian Record Holder and AAU World Record Holder at both the 44 kg and 48 kg weight class.

Profiled on TSN Sunday, March 9th, 1997.

Twelve-time Canadian Benchpress Champion (1994-2005).

Inducted to Pictou County Sports Heritage Hall of Fame.

Sport Nova Scotia Female Athlete of the Month (December 1994 and 1996).

Champion of Champions Female Benchpresser in Canada 1996 and 2000-2005, against all ages and weight classes.

Profiled for ITV News, (Edmonton, AB) in conjunction with 1996 Benchpress Canadians.

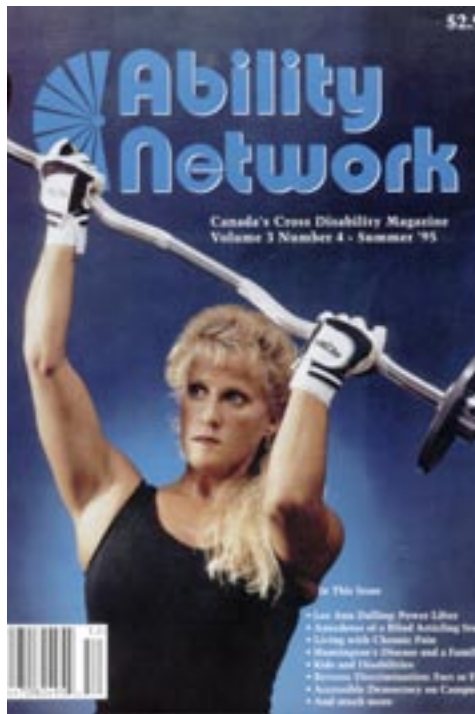
First competition: December 1993. Eastern Canada Powerlifting Championships. Broke three NS and Atlantic Canada Records and qualified for 1994 Canadians.

Reached World Class level, one year to the day of starting official competition.

Awarded Certificate of Merit & Recognition by the Mayor of the Town of New Glasgow in relation to athletic accomplishments.

Resolution passed unanimously in the House of Assembly on December 13, 1994, with regard to her Benchpress accomplishments. This resolution will be in Hansard and be documented in the Historical Archives.

Featured on the front page of The Edmonton Journal, December 5, 1997.



Chosen to pose as female construction worker, as a result of upper body fitness level, for Atlantic Canada Photo Competition.

Best Official Bench – 193 lbs at 107 lb body weight.

Appeared on the cover of the Ability Network magazine, Summer Edition, 1995.

Featured on the 1998 Pictou County Women's Centre calendar, profiling women in Pictou County "Making A Difference".

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*Hometown:* New Glasgow  
*Weight Class:* 48 kg (98 lbs – 105 lbs)  
*Event:* Benchpress  
*Contact:* [ldalling@powerlifting.ca](mailto:ldalling@powerlifting.ca)



*Sometimes success  
involves taking  
a jump and building  
your wings  
on the way down.*

